

### LENTIL SALAD

Ingredients	Amount
Lentils, green	1 cup
Basmati rice, uncooked	1 cup
Green onions, diced	1 bunch
Carrots, grated	1/4 bag
Bell pepper, red diced	1 each
Medjool dates, chopped	6 each
Pine nuts	1/4 cup
Parsley, flat chopped	1/4 cup
Lime, garlic & cumin dressing	1/2 cup
	<b>TOTAL COST</b>

#### Method:

- Cook lentils according to package direction, shock under cold running water to stop the cooking, drain
- Cook rice in water according to package directions, shock under cold running water to stop the cooking, drain
- Toss all ingredients together in a bowl
- Refrigerate until ready to serve
- Can serve on a bed of mixed greens

### LIME, GARLIC, & CUMIN DRESSING W/JALAPENO yield 2 cups

Ingredients	Amount
Garlic fresh	3 - 4 cloves
Lime juice (can use bottled)	1 cup
Oil, vegetable or canola	1 cup
Cumin, ground	4 teaspoons
Jalapeno, chopped	1 each
Salt	1/2 teaspoon
Pepper	1/4 teaspoon
	<b>TOTAL COST</b>

#### Method:

- Put all ingredients in a processor and mix well
- Refrigerate dressing until ready to use. (Will stay fresh in refrigerator for up to 4 days.)
- Shake well before using

